TOP SPY NOT BACKING DOWN
CSIS CHIEF MUM ON INFLUENCE CLAIM {page 4}

METRO VIDEO CONTEST WINNERS
BEST OF MY FRIENDS, MY CITY, MY FUN {page 8}

WORLD CUP
DUTCH COACH WON'T CHANGE TACTICS
SEMIFINAL TODAY {page 17}

VANCOUVER metro®
Tuesday, July 6, 2010
www.metronews.ca

Share this copy with a friend

Sex, booze send Games cops home

15 members of 2010 Integrated Security Unit implicated One allegation involved shoplifting at a Burnaby store Another officer forgot his bullets

KRISTEN THOMPSON/METRO VANCOUVER

▶ Insp. Tim Shields, at RCMP headquarters in Vancouver yesterday, says most officers working during the Olympics were professional and diligent.

KRISTEN THOMPSON
@METRONEWS.CA

There were stringent expectations placed on the 6,200 police officers working for the ISU during the Olympics, said Insp. Tim Shields.

"Any behaviour that did not meet these expectations was not tolerated."

As a result, 15 officers from four police forces were sent home.

One officer, Shields said, breached a confidentiality agreement by taking pictures of Team Canada hockey jerseys in a locker room. Another left shift early to go to a hockey game. In four cases, officers were accused of inappropriate sexual advances.

For more information visit metronews.ca/vancouver

Wellness

The lives of soccer wives

Better halves of world's top players speak on health, beauty and beating the pre-match butterflies {page 12}

Bob Probert passes away

Legendary NHL tough guy collapses on boat {page 17}

Splitting tab on Gulf spill?

BP passes part of cleanup bill on to partners in well {page 4}

Give your brain health a boost

Study finds fitness trains the brain as well as body {page 13}

Vancouver Gold
A $20 bill weighs 1 gram. For 18kt gold, Vancouver Gold pays over $21/gram.
GOLD: Worth its weight in CASH
VANCOUVER GOLD - BEST PRICES FOR ALL GOLD AND SILVER
$50 BONUS on East Indian, 22Kt and 24Kt jewellery
When you sell $500 or more. Valid until Tuesday, June 22, 2010.
254 West Broadway • 604-764-5134 • www.vancouvergold.ca • Monday - Friday 9am to 6pm, Saturday 10am to 4pm

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Taser is arguing in a B.C. court its weapons can't kill. What do you think? More at metronews.ca /canada

CSIS stands by claim of foreign influence in provincial politics, video at metronews.ca /canada

Follow us on Twitter @vancouvermetro

Scan code for local news

Oil spill a real threat: Experts

- Port of Vancouver the only gateway in Western Canada for Alberta oil
- Most oil transported through Burrard Inlet is headed for the U.S.

JEFF HODSON/METRO VANCOUVER

▶ A freighter sits in English Bay yesterday.

RAGNAR HAAGEN
VANCOUVER@METRONEWS.CA

Today's giant oil tankers usually carry four times more oil than local authorities are equipped to clean in the case of a spill, the chief operating officer for Port Metro Vancouver said yesterday.

Chris Badger told Vancouver city council at a meeting aimed at preventing a local spill that Burrard Clean would respond to spills of up to 10,000 tons.

"Over 25,000 (tons) the federal government takes over or at any point where they've felt that Burrard Clean is not capable of doing it," said Badger.

43,000

Tankers plying Burrard Inlet now carry almost 43,000 tons of oil, Badger said.

Narrow passage

Oceanographer Peter Baker said a spill is of concern because Burrard Inlet narrows to just more than 100 metres underneath the Ironworkers Memorial Bridge.

- When a tanker is full, and Burrard Inlet is at high tide, there is only a 1½- to-two-metre clearance underneath a tanker's keel.
- "The Exxon Valdez spill saw over 400 miles of shoreline damaged. The same spill radius going out from the Ironworkers Memorial Bridge would see the entire (Strait of Georgia) done in," Baker said.
- Kinder Morgan wants to expand the Trans Mountain pipeline that comes from Alberta to 700,000 barrels from 300,000 per day to be shipped out through Burrard Inlet.

Mercury to rise in city this week

DARRYL DYCK/THE CANADIAN PRESS

▶ Children jump into the waters of Burrard Inlet along Kitsilano Beach last July.

KRISTEN THOMPSON
@METRONEWS.CA

After a month of depressing "June-uary" clouds, it looks like summer's heat is finally upon us.

The temperature is going to steadily climb this week, tipping the 30-degree mark in Vancouver on Thursday and Friday, according to Environment Canada meteorologist Cindy Wu. The average at YVR for this time of year is a high of 21 C.

"By definition, if you're inland, you can call it a heat wave," said Wu.

"Hopefully … we will see more (of this) for the rest of the summer."

Woman injured during sex assault

A 43-year-old woman received four stitches to her head after she was forced to the ground, punched in the head and groped violently in a busy Vancouver park, police said yesterday.

The sex assault occurred in Thornton Park near the bus depot at 8:30 p.m. Saturday.

The woman fought off the man, whom police describe as "scruffy looking" and wearing a dark top. He fled the park, heading south.

It was still light when the attack occurred.

● JEFF HODSON

Xwayxway? No way: Officials

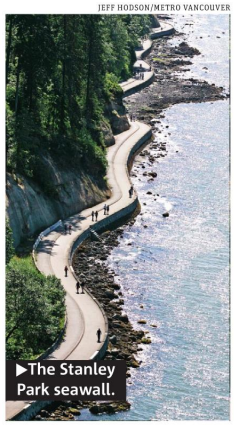
The name of Vancouver's most famous park has been established for more than 100 years, two federal ministers said yesterday.

Stanley Park's name won't be changed, said Stockwell Day, minister for the Pacific Gateway, and James Moore, minister of Canadian Heritage.

An aboriginal elder recently suggested the park be renamed park Xwayxway.

● METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER



▶ The Stanley Park seawall.

Man found guilty in shooting

A Surrey man, Raminder Singh Bhandher, has been found guilty of second-degree murder in the shooting death of Tejvir Singh (Sunny) Bains, 24, in a townhouse two years ago.

He faces a mandatory prison sentence of at least 10 years.

● METRO VANCOUVER

News in pictures

PHOTOS
1. DANIEL HAYDUK/THE CANADIAN PRESS
3. JEFF HODSON/METRO VANCOUVER
5. JEFF HODSON/METRO VANCOUVER

1 Investigators have started probing the wreckage of a crash between a speedboat and a houseboat in Shuswap Lake in the B.C. interior that killed a 53-year-old man. RCMP say it could be months before the cause is known. METRO VANCOUVER

2 Volunteer firefighters in Oliver will face a two-week suspension for allegedly stealing several kegs of beer from a burning hotel. KYLE FARQUHARSON

3 TransLink is running special schedules for B.C. Lions home games. Customers arriving on SkyTrain can go to 29th Avenue or Renfrew stations and transfer to the "Football Special" shuttle bus, which starts running three hours before kickoff. KRISTEN THOMPSON

4 Whistler Blackcomb is reopening parts of its still-snowy hills for off-season fun. Winter lovers can still snowshoe, ski, snowboard and tube thanks to a cold spring. KRISTEN THOMPSON

5 Vancouver police issued a warning yesterday about a pedophile they say is a high risk to re-offend. Matthew Ralf Harks, 28, has multiple convictions and poses a significant risk to young girls, say police. KYLE FARQUHARSON

HST's legality disputed

Not only does the harmonized sales tax hurt low- and middle-income families in B.C., it's also illegal, say anti-HST campaigners.

Former premier Bill Vander Zalm and anti-HST activist Chris Delaney claimed yesterday the levy violates the "no taxation without representation" precept of the Canadian constitution, since the tax faced no debate in B.C.'s legislature before its imposition.

"As long as the sun shines, you don't have to fix your roof," said Vander Zalm, who said he believes that once B.C. residents start to fork out for major HST-applicable services (like roof repairs), the real impact of the tax will become evident.

The announcement follows a legal challenge disputing the legitimacy of the anti-HST petition, launched last Tuesday by six B.C. business associations.

KYLE FARQUHARSON

KYLE FARQUHARSON/FOR METRO VANCOUVER

▶ Former B.C. premier Bill Vander Zalm announces a new legal challenge to the HST outside the B.C. law courts in downtown Vancouver yesterday.

News in brief

Fisherman reels in shirt full of bones

GIBSONS. A fisherman in Gibsons made a grisly catch when his fishing line snagged a T-shirt full of bones.

When it was hauled in, several bones fell out.

Mounties say the bones appear to be human and they are trying to recover the rest of the remains.

JEFF HODSON

10 Full Time Positions Available
Average $600-$1000/week
10 F/T positions
Opportunity for rapid growth and advancement.
No experience. Training provided.
Call for an interview
604-451-4466
summittenergy.ca

Get the stories that matter to you.
CBC News Vancouver
Know more. Know now.
Vancouver
Gloria Macarenko
Tony Parsons
Claire Martin
Shane Foxman
Weekdays at 5, 5:30 & 6 pm
Late Night following The National
Saturdays at 10:30 pm and Sundays at 11 pm
cbc.ca/bc
CBC news

BP looking to share the cost of cleanup

As BP PLC's costs for the disastrous Gulf of Mexico oil spill climb to just over $3 billion US, the British oil giant is billing partners Anadarko Petroleum Corp. and Japan's Mitsui for their shares of the cleanup.

BP has billed Anadarko, a 25-per cent stakeholder in the blown-out well, for more than a quarter billion dollars so far. It also has reportedly billed Mitsui, a 10-per cent partner, for $111 million.

"They are partners in the field, and as responsible partners we would expect them to bear some of the costs," BP spokeswoman Sheila Williams said yesterday.

Anadarko, based in The Woodlands, Tex., said in a statement that it is reviewing the $272.2 million bill sent last week and "assessing our contractual remedies." Calls to Mitsui & Co. for comment weren't immediately returned.

THE ASSOCIATED PRESS

A new hope?

A giant new oil skimming vessel is being tested in the Gulf. But lousy weather means it may be longer than first hoped before it's known when it can get to work full-time.

Google mystery No. 2204355?

It's not surprising that Google's latest list of hot searches includes queries about Canada Day, some recent movies, and the dreaded HST launched in Ontario and British Columbia.

But what is 2204355 and why are so many people searching for it?

It appears to be one of those unexplainable viral sensations that appear out of nowhere and propagate across the web for no good reason.

In the confounding video, a smiling young man is double fisting two chicken drumsticks in front of an animated rainbow-coloured background. He dances to a song that sounds like it would sound-track an old Nintendo video game and occasionally takes bites of chicken.

THE CANADIAN PRESS

Watch the video at metronews.ca

Clues

Web sleuths have discovered the video of the dancing man appears to have been snipped from a bizarre Kentucky Fried Chicken commercial.

- **Who created it?** No one knows.
- **What's it supposed to mean?** That's also anyone's guess.

▶ CSIS head Richard Fadden waits to testify at the Commons public safety committee yesterday.

Top spy won't back down

Head of CSIS says he won't resign in the wake of controversy surrounding comments during TV interview Still won't give details about his claim that foreign governments are interfering with Canadian politicians

An unapologetic CSIS spy chief reiterated his assertion that there is foreign interference in provincial politics and there is nothing wrong with Canadians knowing about it. Dick Fadden was speaking during an extraordinary appearance before a Commons committee yesterday.

Fadden told a rare July sitting of the public safety and national intelligence committee that foreign influence over a number of provincial politicians and public servants is a "concern and a threat."

The director of the Canadian Security Intelligence Service raised that concern during a CBC interview last month and did not deny China was among the countries interfering in Canadian politics.

Fadden's original interview — broadcast on the eve of a visit by Chinese President Hu Jintao — enraged many who said it cast aspersions on all elected officials with ties abroad. A spokesman for the prime minister said at the time of the interview that the CSIS director was speaking on his own without pre-clearance from the government.

"I stand by my general message on foreign interference," the spymaster told the committee.

"It is a concern and a threat, it is more common here and elsewhere than many think, and it is desirable that this threat should be known and discussed."

THE CANADIAN PRESS

metrobusiness

Most Canadians expect deal on first home: Study

A majority of Canadians who just bought or are about to buy their first home expect to pay less than the asking price and prefer newer and detached homes over older and semi-detached homes or condos, according to a TD Bank survey.

But the report questioned whether the homebuyers had unreasonable expectations, considering that nine out of 10 took out or expect to take out a mortgage for their home.

"It's only natural to want your first home to be the home of your dreams, but it is important to be realistic about what you can afford," said Farhaneh Haque, a mortgage specialist at TD Canada Trust.

Six in 10 first-time homebuyers said they were worried about being able to afford their home should interest rates rise — a scenario that economists say is inevitable after an era of historically low rates sparked a rush into the housing market.

THE CANADIAN PRESS

1,000

The report compiled 1,000 results of an online survey between June 8 and June 21 of Canadians who had purchased their first home recently, or intended to do so.

Ontario. Visit

▶ The Queen gets a look at a new BlackBerry device.

FRANK GUNN/THE CANADIAN PRESS

Queen tours RIM plant

Queen Elizabeth II visited Research In Motion in Waterloo, Ont. yesterday as part of an exploration of the country's technological advancements.

Teach your TV new tricks.

Unleash Optik TV with PVR Anywhere.

It's unlike anything you've ever seen before. Optik™ TV will forever change how you view home entertainment. And with PVR Anywhere, you'll get to watch what you want, when and where you want.

- 1 PVR is all you need – record and watch your shows on any TV in your home with a digital box*
- Pause a recorded program in one room and pick it up from the same spot in another room
- Record up to 3 shows at once from any room

PLUS, get a FREE HD PVR rental when you sign up.†

Get it all on the new TELUS Fibre Optic Network.‡

Call 310-MYTV (6988) or visit telus.com/optiktv or your nearest TELUS authorized dealer.

TELUS

the future is friendly®

TELUS AUTHORIZED DEALERS

Vancouver
551 Robson St.
Bentall Tower Three
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
2338 Cambie St.
925 West Georgia St.
689 Thurlow St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway

Abbotsford
Sevenoaks Shopping Centre
32915 South Fraser Way
2142 Clearbrook Rd.
2140 Sumas Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

*PVR capabilities subject to and limited by applicable laws. Digital boxes charged separately. †Offer available on a 3 year Optik TV service agreement until August 3, 2010, to residential clients who have not subscribed within the past 90 days to TELUS TV service. TELUS Home Phone or High Speed Internet service required. ‡Fibre optics may service all or part of your network connection, depending on location. TELUS, the TELUS logo, Optik and the future is friendly are trademarks of TELUS Corporation, used under licence. © 2010 TELUS.

EXES AND OH-NOS IN THE DIGITAL AGE

She says ...

JESSICA NAPIER

Back in the old days (I'm talking pre-Facebook here), I assume it was easier to break up with someone.

Just a quick conversation — thanks, this has been great, it's not you, it's me, etc. — and that would be it. No hassle, no strings and, other than an occasional run-in, you might never have to see or think about that person again.

If only it were that simple.

Now, every broken relationship leaves a not-so-easy-to-erase digital trail. While you might have said your goodbyes in person you're still left with a series of invisible techno-connections.

The trouble is, there's no protocol for dealing with a breakup in the online world. Do I delete them from MSN and un-follow them on Twitter, but remain Facebook friends? How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first.

At one point, my ex and my current boyfriend happened to fall alphabetically next to each other on my BlackBerry contact list. Attempted multi-tasking and unco-ordinated fingers meant I occasionally sent private proclamations of love to the wrong person.

Yikes.

Anyways, while these absent-minded accidents made for hilarious dinner anecdotes the next day they were always very awkward to recover from at the time. These slip-ups (and an unfortunate incident involving my BlackBerry and the sidewalk) eventually led me to purchase a new phone and delete that particular ex from my mobile world for good.

So, what took me so long? Hitting the delete button on the digital relationship is a lot harder than it seems. Secretly, I think we (or is it just me?) need these digital ties to keep tabs on all of those past romances gone wrong. Online connections satisfy our post breakup curiosities about how the other person is doing and (OK, let's be honest) who they're dating.

It's not so much a problem with letting go — I just want to be able to check up on them every now again.

"How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first."

Cartoon

Rebels without a cause

Letters & Tweets

EDMONTON. Peter McCartney (Is this what democracy looks like?, June 28) is absolutely right in questioning whether the violent G20 events in Toronto were truly the face of democracy.

Everyone has freedom of expression, but that freedom does not imply the freedom to cause harm. Furthermore, violence detracts attention from legitimate demands of peaceful protesters and, in the end, the public will only see a bunch of rowdy rebels without a cause.

STRATYOS KEE

We asked: Should Canada cut ties with the monarchy?

TORONTO. Some might argue the monarchy has no relevance to Canada today and the Queen's successor would be an embarrassment to the country. The monarchy is an institution, not an individual. Canadians have had their share of embarrassing politicians, and we've all survived — so will the institution of a constitutional monarchy.

For those who would like to cut ties with the monarchy, maybe this question should be asked: "Should Canada form a political and economic union with the United States and Mexico and have an integrated North American currency called the 'Amero.'"

PHILIP CHEONG

The wrong message

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Should MPs be allowed to moonlight?

Email
vancouverletters @metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

Noteworthy

Interpol turns to social networking

International police agency Interpol launched an unusual appeal yesterday to the global public to report sightings of 26 leading fugitives — whether on the street or on Facebook.

Interpol has been leading an international operation since May aimed at tracking down 450 particularly dangerous fugitives, and has arrested 39 people as a result, including former Colombian model Angie Sanclemente Valencia, wanted by Argentina for drug trafficking.

THE ASSOCIATED PRESS

Metro Minute with an outdoor lunch

The warm weather is finally here, and if you work indoors the best way to enjoy it is to eat your lunch outside — in a park, along the seawall or a patio.

The weather is forecast to be nothing but sunshine today with temperatures reaching 24 C. And according to Environment Canada, tomorrow will be even warmer.

When looking for a picnic spot, consider one with a view.

Not fussy? Kick off your shoes, roll up your pants and sit on the grass. Because you will be out in the sun, bring something cold to drink — an iced coffee or tea will taste especially refreshing on a hot day.

METRO VANCOUVER

RAGNAR HAAGEN/FOR METRO VANCOUVER

▶ A man eats lunch yesterday at Emery Barnes Park.

metro

VANCOUVER: Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

New to Canada?

If you are a new immigrant to Canada then it's very likely that you, as Monica Pop, have a list of top things to do once you land into this country: settle down, look for a place to live, find a school for the kids, get your official government documents, find available resources for immigrants, and establish your finances.

For Monica, making the transition from Rumania to Canada has been an exciting adventure, but also a daunting process. "Deciding to immigrate to Canada wasn't easy. There was so much to do, prepare, and learn. Plus, once my husband, our kids and I got here, there was even more to cover!"

"We had our to-do list and checked each task off as we completed them. We got our official government documents and health cards, figured out transportation, budgeted for our immediate costs. We also knew it was important for us to begin a credit history. There's when Scotiabank and Maria came into our lives", said Monica.

"My uncle had heard that Scotiabank offered a very good program for newcomers and we decided to try it; he was so right! We got so much from that first visit," said Monica.

The *Scotiabank StartRight®* Program was ideal for Monica and her family, said Maria Pereira-Logli, a Personal Banking Officer. "In Scotiabank we know that one of the first things newcomers need to do is to open a Canadian bank account for their day-to-day banking, but also plan for their future.

"With the *Scotiabank StartRight®* Program Monica found everything she needed in one convenient place – a bank account with free transactions for one year, a *No-Fee Scotia Moneyback* VISA*, the ability to use Western Union Money Transfer™ services at any of our branches, and much more," said Maria.

"After just landing in Canada, saving for the future can feel out of reach, but Maria helped us have a plan to save for our children's education, and got advantage from the Mortgage Program specially designed for newcomers to own our house. Maria just figured out a way to make everything work for us. This was a personalized approach that I never had before. "*Scotiabank StartRight®* Program lived up to our expectations and beyond," said Monica.

By the way, Monica just accomplished one more milestone from her list of things to do: She got her first job in Canada!

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

Monica Pop and family. Toronto, ON

NEW TO CANADA?

Scotiabank StartRight™
PROGRAM FOR NEWCOMERS

Build your credit.
Start now. Start right.

When you move to Canada, your credit history stays in your home country. Your credit file is like a financial report card and the quickest way to build a credit rating is with a credit card.

The *Scotiabank StartRight®* Program for Newcomers[1] is a comprehensive banking package, providing you with financial solutions, including your first credit card in Canada[2].

Our multicultural staff can help you get the right advice to get started.

No credit history? No problem!

Call **1-866-800-5159**
Click **www.startright.scotiabank.com**
Visit a Scotiabank branch

Scotiabank®

1 *Scotiabank StartRight* Program, created for Canadian landed immigrants from 0-3 years in Canada, international students, foreign workers and immigrant investors.
2 Security deposit may apply. *No-Fee Scotia Moneyback®* VISA card subject to meeting Scotiabank's eligibility and credit criteria. ™ Trademarks of the Bank of Nova Scotia.
® Registered trademarks of the Bank of Nova Scotia.

2 scene

Winners of world's largest video contest

From submissions in three categories (My Friends, My City, My Fun) from Metro readers in 15 countries, our winners emerge Judged by a star-studded jury, including acclaimed Lady Gaga music video director Jonas Akerlund and our very own Hollywood correspondent Ned Ehrbar Their prize: a trip for two to any of 100 cities where Metro is published

metro VIDEO CHALLENGE
WATCH THE VIDEOS AT METRONEWS.CA/SCENE

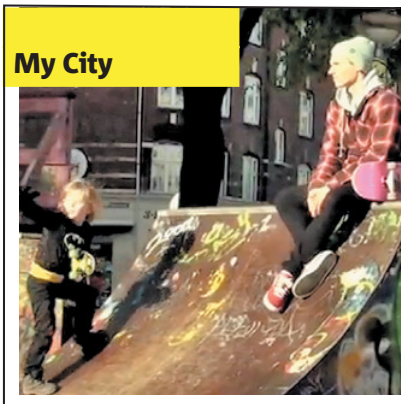
News in brief

1 Former Miss California Carrie Prejean is now Mrs. Kyle Boller, after marrying the Oakland Raiders quarterback at a San Diego resort.
THE ASSOCIATED PRESS

2 The Twilight Saga: Eclipse has has lifted its box-office total to $175.3 million after just six days.
THE ASSOCIATED PRESS

3 Canada's Martin Short will be adding his voice to an animated version of Cat in the Hat.
THE CANADIAN PRESS

My City



SILAS ADDINGTON & ANDERS DEVANTIER, DENMARK

"MY JUNGLE"

Silas Addington

What inspired you to make this movie?
My friend Anders came up with the jungle idea that actually just is a twist of the story The Jungle Book from Disney. Something we first found out after we made the film.
Anders is playing the "mysterious skater" in the movie and it is my voice speaking.

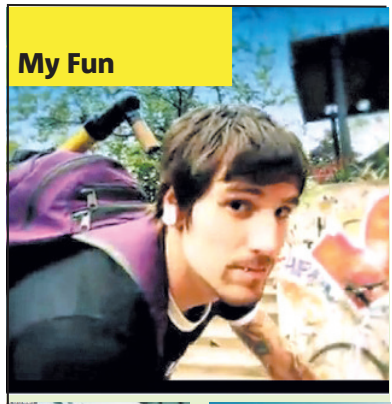
What was your favourite location to film?
When we got access to the SAS-hotel in the middle of Cophagen, and came up on the very top of the building just in time to film the fantastic sunset, that we actually use both in the start of the film and in the end.

Who is your filmmaking idol?
Well, we are both big big fans of Quentin Tarantino.

What's your favourite film?
Such a difficult question but the film Life is Beautiful by Roberto Benigni is a favourite and of course, the first Ace Ventura movie!

SILASADDINGTON.MVCHALLENGE.COM/DK/VIDEO/1204

My Fun



ANDRÁS MAKOVINYI, HUNGARY

"BMX STREET"

András Makovinyi & crew

What inspired you to make this movie?
Mark Veres, the BMX rider, protagonist in the movie. This movie is in fact the trailer for a longer film about Mark and the BMX. He is unbelievably talented.

What was your favourite location to film?
Perhaps the last shot, the wallride that we recorded in 100p. That trick is really daring, that day we had five punctures, three falls and the pedal broke as well.

What's your favourite film?
The Godfather Trilogy. Classic. No matter how many times I watch it, I can always learn something new from it. But I love everything with Pacino or DeNiro.

Where do you want to go on your winning trip?
"New York City. That's in New York, son. New York State": Frank Slade - Scent of a Woman, to stick with movies. But I am not sure yet, it's so sudden!

WMGOTTI.MVCHALLENGE.COM/HU/VIDEO/629

My Friends

STANISLAV ILYIN, RUSSIA

"ME & MY FRIENDS"

Stanislav Ilyin

What inspired you to make this movie?
(My friends and I) have already done TV-style funny videos before. However, it didn't bring us true popularity – only among our friends at social networks. Whenever I found the Video Challenge ad in Metro newspaper, I figured out that we could do something really cool. We got the right idea the same evening.

What was your favourite location to film?
The most difficult scene in this video was the hospital scene, though it was the toughest one, too. It was a challenge to find an unused pantry and equip it as a hospital ward. But the result was really worth it!

Who is your filmmaking idol?
I get inspiration from directors like Michael Mann and Tony & Ridley Scott. Michael Mann picks out truly impressive soundtracks for his movies.

SERIOUSSERVER.MVCHALLENGE.COM/RU/VIDEO/721

SUMMER SHOWS SIZZLE

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

It's a "good news, bad news" story for music fans this summer — like it is every July to September.

Record releases come to a near standstill, but some of the best concerts happen in the warmest months.

So, instead of making trips to the record stores, here are a few summer concerts you should check out.

Cisco Ottawa Bluesfest, Lebreton Flats Park, Ottawa, July 6 to 18: This sprawling 12-day music event isn't just about the blues — though there is plenty of that. The smorgasbord of artists includes folkie Jason Collett, legendary rockers Joan Jett and the Blackhearts, prog-rockers Rush and some rapper named Drake.

Vanocuver Island MusicFest, Comox Valley Exhibition Grounds, Vancouver Island July 9 -11: West Coasters should consider going to the eclectic Vancouver Island MusicFest, where acts from a variety of genres — folk, blues, soul and more — come together. Make sure to check out Winnipeg folk group Nathan, soul legend Robert Flack and Nunavut's experimental songstress Tanya Tagaq.

Osheaga, Parc Jean-Drapeau, Montreal, July 31 and Aug. 1: If you're going to make one trip this summer, come to Montreal for this massive festival. Weezer, Metric, Arcade Fire, K'Naan and indie pioneers Pavement are all playing. It's rare to see this much talent in one place.

Edmonton Folk Festival, Gallagher Park, Edmonton, Aug. 5 -8: Many cities across the country host folk festivals, but Edmonton has one of the best.

Big acts like Ben Harper, Jakob Dylan and Van Morisson will be playing along side indie artists such as Patrick Watson, Sarah Harmer and Amanda Martinez.

Lollapalooza, Grant Park, Chicago, Aug. 6 - 8: A lot of Canucks skip town during the summer, so even though it's not Canadian I have to add Lollapalooza to the list.

It's always one of the best outdoor fests, but 2010 has an especially good lineup and not only because Soundgarden is reuniting. Lady Gaga, Green Day, Phoenix, The Strokes and Gogol Bordello will even be there as well.

Arcade Fire, Olympic Island, Toronto, Aug. 14: Six years after releasing their debut disc, Montreal's Arcade Fire is still a huge draw.

They may be better suited for theatres and clubs, but, with their frenetic live show, they're one of the only bands I've ever enjoyed at a large outdoor concert.

A must see.

DJ Champion facing battle with lymphoma

Juno-nominated Montreal electronic artist Maxime Morin — a.k.a. DJ Champion — is being treated for lymphoma, his publicist confirmed Monday.

In June, Morin announced the cancellation of his entire concert schedule due to a health issue.

At the time, he neglected to go into detail on the condition but now says he is suffering from lymphoma, a form of blood cancer.

Through his publicist, he thanked his fans, saying they left messages of "support and love" via Facebook and Twitter even though they didn't know the exact cause of his health problem.

▶ Maxime Morin

A veteran of the Quebec music scene, Morin released his debut album as DJ Champion with 2005's "Chill'em All." The record earned a Juno nod for best dance recording and won a SOCAN award and two Felix trophies.

He followed with a remix collection and another new LP — Resistance — in 2009.

The multi-instrumentalist also contributed bass and percussion to the Oscar-nominated song Belleville Rendezvous,from the 2003 film, The Triplets of Belleville.

He memorably performed the song on a bicycle at the Academy Awards.

When he announced the cancellation of his summer shows back in June, a posting on his site said that Morin hoped to begin touring as soon as his health allowed.

THE CANADIAN PRESS

ADD
UNLIMITED
Local Calling from your
CELL PHONE
ONLY
$20
/month

FREE DAYTIME FREE EVENINGS
FREE ALL DAY LONG!

Comwave Unlimited Mobile is an add-on to your existing Mobile plan. Do not cancel your existing provider, Comwave Unlimited Mobile works on ALL Cell Phone providers.

- You must have an active cell phone plan with UNLIMITED Incoming Calls.
- With Comwave you can ADD UNLIMITED OUTGOING Calls.
- Now All your calls will be FREE - ALL DAY LONG!

Limited Time Offer!
30 day FREE TRIAL!

comwave®
www.comwave.ca
604-873-2820
TERMS AND CONDITIONS MAY APPLY. PLEASE SEE WWW.COMWAVE.NET/MOBILE FOR FULL DETAILS.

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Dragon tat better in ink

The Girl With the Dragon Tattoo
Genre: Action **Director:** Niels Arden Oplev
Stars: ●●●
The room is locked and the pot is boiling in this first screen adaptation from the best-selling Millennium Trilogy, cyberpunk novels by Stieg Larsson that were published posthumously after the Stockholm journalist/author's death in 2004.

It's the ongoing saga of Lisbeth Salander (Noomi Rapace), the pierced and punk computer hacker who allies with disgraced journalist Mikael Blomkvist (Michael Nyqvist) for adventures of intrigue, danger and even a little romance.

The film eschews the usual getting-to-know-you formalities as it sets up a "locked room" scenario that could be straight from an Agatha Christie or Ellery Queen novel. The "room" is actually a remote Swedish island, the feudal preserve of the

squabbling family of Henrik Vanger, an elderly industrialist. Now a dark and forbidding place, especially in the story's wintry depths, the island used to ring with the sound of happy children.

One of them was 16-year-old Harriet, beloved niece of Vanger, who disappeared in the summer of 1966 after a road tragedy removed the island from mainland contact — and watchful eyes — for most of a day.

Presumed dead, Harriet has long been consigned to the police "cold cases" file. Vanger browbeats ace investigative journalist Blomkvist into reopening the case, which also draws in Salander. She's one messed-up gal, but she's also a genius researcher and hacker, helpful for a hunt that involves a lot of snooping through old files and photographs.

PETER HOWELL.

Fashioning a story

A Single Man
Genre: Thriller **Director:** Tom Ford
Stars: ●●●
As beautiful to watch as it is to heartbreaking to contemplate, fashion designer Tom Ford's directorial debut is a remarkable work of clarity.

Set in Los Angeles shortly after the Cuban Missile Crisis of October 1962, a time of anxiety and intolerance, the film stars an assured Colin Firth as George Falconer, a gay man whose life goes off the rails following the car accident death of his longtime partner Jim (Matthew Goode).

George is normally the very picture of control. His job as a college professor demands it.

But he's unable to cope with his loss, and suicide seems a very real option to him.

He purchases bullets for his handgun and begins making meticulous arrangements for his violent departure.

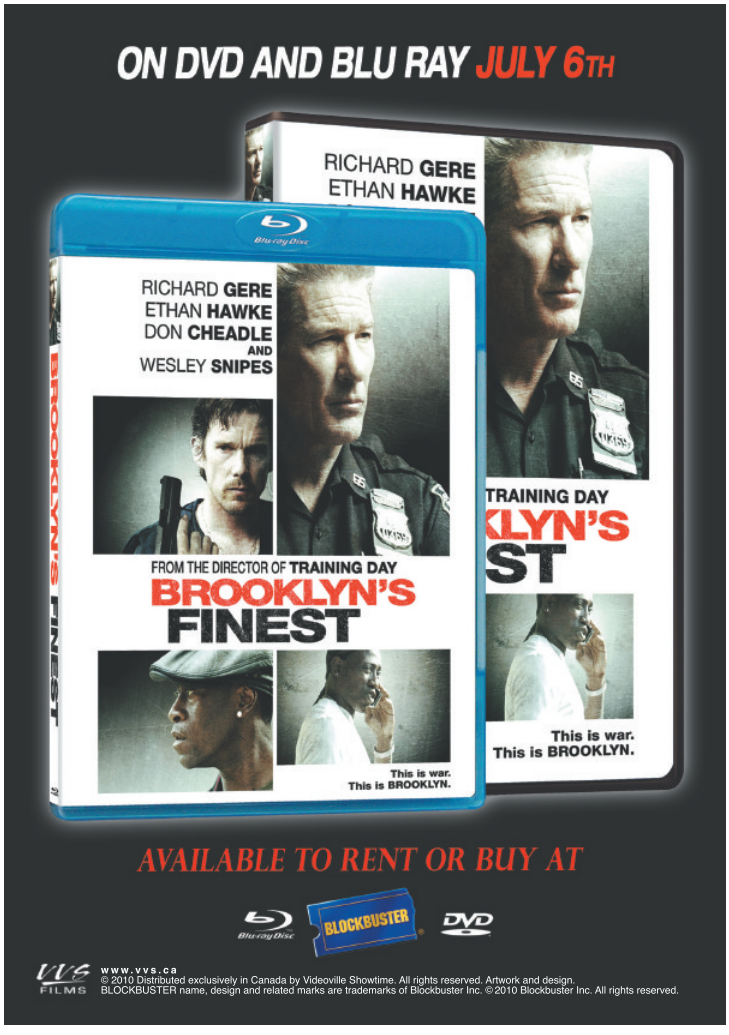
Determined to maintain decorum until the end, and also to say goodbye to his friends, he meets for dinner with his closest female pal, Charley (Julianne Moore), whose own life has been filled with pain.

Doubt and temptation suddenly enters George's life, in the dangerously attractive form of a student named Kenny (Nicholas Hoult), who understands more than his youthful age might suggest.

Based on a Christopher Isherwood story, A Single Man plumbs the depths of love and the human psyche in ways both wise and compassionate. Ford has found a new calling as a filmmaker, and he's working with a cast at the top of its game.

Extras include: a commentary by producer/director Tom Ford and a making-of featurette.

PETER HOWELL.


ON DVD AND BLU RAY JULY 6TH
RICHARD GERE
ETHAN HAWKE
DON CHEADLE
AND
WESLEY SNIPES
FROM THE DIRECTOR OF TRAINING DAY
BROOKLYN'S FINEST
This is war.
This is BROOKLYN.
AVAILABLE TO RENT OR BUY AT
BLOCKBUSTER
DVD
www.vvs.ca
© 2010 Distributed exclusively in Canada by Videoville Showtime. All rights reserved. Artwork and design.
BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. © 2010 Blockbuster Inc. All rights reserved.

Glades going for authentic South Florida look

Success of new series hinges on A&E audience connecting with Aussie actor Matt Passmore

Detective Jim Longworth will soon find out what Florida residents and visitors have known for a long time: It's a weird place.

The Glades, a police drama set to premiere July 11 on A&E, follows a Chicago detective who relocates to South Florida, expecting to slide into a cushy job with plenty of time to hit the beaches and golf courses. But he quickly realizes that life isn't going to be as simple or as relaxing as he thought it would be.

Besides being set in South Florida, the show is filmed in the Fort Lauderdale area — most Florida-themed shows, like CSI: Miami, are filmed primarily in California. The USA Network's Burn Notice, which recently began shooting its fourth season in Miami, is the only other show filmed totally in Florida.

The Glades' creator and

executive producer, Clifton Campbell, grew up near Miami and knew he couldn't capture South Florida's essence anywhere else.

"I've noticed a lot of shows that try to be set there without actually shooting there, and it's always sort of rankled me a little bit," Campbell said. "So I decided that I wanted to set a show there, not just in South Florida, but in my South Florida, the part of the world that I grew up in, that I think is just as stunningly attractive and interesting and weird and cool as South Beach."

Regardless of the setting, the show's success or failure could ultimately hang on how audiences respond to its lead, Matt Passmore.

As an Australian, Passmore said he's just as much a fish-out-of-water as Longworth.

"I'm an Aussie playing a Chicago cop who's down in Florida," Passmore said.

After appearing on several television series in his native country, Passmore came to the U.S. to shoot a pilot for Fox. It didn't get picked up, but that cleared the way for him to land on The Glades.

THE ASSOCIATED PRESS

Lohan not worried about jail decision

Love is in the air for LiLo, sources say

Depending on how things go today, Lindsay Lohan might be spending tonight in jail. Judge Marsha Revel — who was not terribly amused when Lindsay missed a court appearance for the Cannes Film Festival — will decide if she should be locked up for violating her probation.

But Lindsay doesn't seem to be worried, according to TMZ.com: "[Her lawyer] will just fix this like everything else. It's no big deal to her, even though she totally believes Judge Revel hates her guts," a source tells the site.

On a different note, Lohan seems to have found new woman in her life, sources tell TMZ. Things have reportedly been heating up between Lohan and Israeli brunette Eilat Anschel, who the actress first turned to as a "shoulder to cry on."

But Lohan's pals are worried she's falling for Anschel too hard and too fast.

"It's not the healthiest relationship in the world," a source says.

METRO WORLD NEWS

GETTY IMAGES

▶ Lindsay Lohan is hoping her lawyer will keep her from going to prison, TMZ.com reports.

Talking points

Brit dreading sex education

KID CURVEBALL Britney Spears loves being a mom, but there's at least one thing she's not looking forward to. "I'm dreading the moment when my sons ask me how babies are made," she tells Cosmopolitan magazine. The former child star also tells the magazine that she isn't keen on sons Sean Preston, 4, and Jayden James, 3, going into the entertainment business.

METRO WORLD NEWS

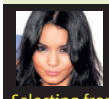
Jess can't get enough of NFL

QB LOVE Jessica Simpson had reportedly turned to the NFL to find love once again. The singer, who previously dated Dallas Cowboys quarterback Tony Romo, is now dating former football player Eric Johnson, according to TMZ. Johnson played for the San Francisco 49ers and the New Orleans Saints. The pair are "very happy," a source says.

METRO WORLD NEWS

Celebrity tweets

Paris Hilton [@ParisHilton
it was absolutely ridiculous what I was put through for nothing. But I'm used to being scape goat



Vanessa Hud-gens [@nessaaa-hudgenss]
Selecting from a shelf, renting and walking home with a movie in hand is such a fulfilling experience

Kevin Jonas [@kevinjones]
I just watched a guy eat 54 hot dogs I'm full after two how does that even happen.

Soccer star Ronaldo to raise boy on his own

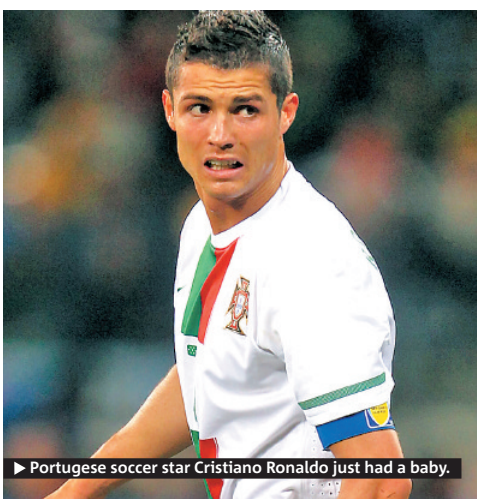
Though things didn't go so well for him at the World Cup, Portugal's Cristiano Ronaldo has reason to celebrate.

"It is with great joy and emotion that I inform I have recently become father to a baby boy," Ronaldo announced on his Facebook page.

The soccer star fathered the child with a woman who wishes to remain anonymous, and he will raise the boy as a single father.

"As agreed with the baby's mother, who prefers to have her identity kept confidential, my son will be under my exclusive guardianship," he wrote.

METRO WORLD NEWS



▶ Portugese soccer star Cristiano Ronaldo just had a baby.

Tell us what you are recording @vancouvermetro

PVRTweets

What do you wish your PVR could do that it doesn't currently?

@157258369 Telus PVR: crop/edit recorded programs; a listing that just shows your favourite programs; category listing for prog not chn

@trevorbacque Record more than two shows at one time and still have the ability to watch something else!

@jermsp like 100 hours. I am slowly building a movie collection on my pvr.

TELUS
Record 3 shows at once.
Unleash Optik™ TV at telus.com/optiktv

METRO WANTS YOU TO EXPERIENCE THE JOY OF EATING ICE CREAM!

YOU COULD
WIN $50 WORTH OF SMOOTH & DREAMY PRODUCTS

Breyers Smooth & Dreamy has reintroduced the child-like joy of ice cream without the guilt.

The breakthrough Cream Press System reveals a deliciously creamy taste and texture, with only half the fat and calories of regular ice cream.

To register and for full contest details visit clubmetro.com

VISIT clubmetro.com TO ENTER

3 life

60 seconds

Performance coach Chris Jones, elite athletics expert.

What does it take to be an elite athlete?
Exceptional talent. In any high-level sport you need talent, desire and self-belief from a very young age. If you want to get to the top you need to have the ability to take on knowledge, trust and have an intrinsic drive.

How much of it is down to natural talent?
Initial success is based on talent alone but from there athletes must continually work on the process and do what it takes to be the best. It can take hours, days or years to increase skill awareness.

How much of a role does diet and exercise play on performance?
Today there is a much more holistic approach to diet and exercise. Elite athletes live a monastic lifestyle; they have to make choices and sacrifices. Nutrition is crucial in defining their performance. The best people tend to have the right balance between exercise, nutrition and their mental state of mind.

ROMINA McGUINNESS

With football (a.k.a. soccer) fever at its highest with the World Cup semi-finals going today and tomorrow, Metro speaks to some of the world's top players' other (better?) halves about health, beauty and beating pre-match nerves.

ROMINA McGUINNESS METRO WORLD NEWS

The Wonderful WAGs

GETTY IMAGES

SYLVIE VAN DER VAART
Wife of Rafael Van der Vaart (Holland)

On health ... I was diagnosed with breast cancer when my son was three years old, an experience that drastically changed my views on life. I now live my life more fully and deeply and I'm appreciative of every single little thing. I get very nervous for my husband before a match and during, I'll make anxious circles around the couch.

On health, food and exercise ... My husband's conscientious approach to exercise encourages me to do the same. I'm very lucky to be fit and energetic once again. On my lazy days, I like to read and listen to music on my iPod. I have a very healthy diet, although I like to eat what I want. My ultimate guilty pleasure is chocolate. Besides that I work hard to stay in shape. I don't smoke, but I do enjoy the odd glass of wine.

On beauty ... A little bit of concealer and lip-gloss always does the trick. I always wash my face before going to bed and from there I only need around seven hours of sleep. I'm happy with the person that I am and thankful I don't need any interventions such as Botox or plastic surgery. I don't like judging people and I believe everyone should make their own decisions so long as they remain respectful and it makes them happy.

CCIMG

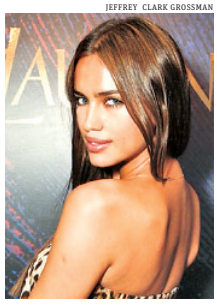
MENAYE DONKOR
Girlfriend of Sulley Muntari (Ghana)

On her lifestyle ... Sulley and I make conscious decisions with what we put in our bodies. I can't resist a good bottle of red wine and living in Italy doesn't make it any easier. Before important matches I get very jittery for my Sulley but I try and stay calm.

On health, food and exercise ... I consider myself a healthy person. I eat a well-balanced diet and get most of my vitamins from fresh fruit and vegetables. I deprive myself of junk food from time to time. I exercise regularly, Sulley and I don't work out together but we are both very active. I'm a cardio-holic, before an important shoot I have sessions with my personal trainer who knows exactly how to whip me into shape. Drinking and smoking are choices people make. Everything needs to be done in moderation. I love the smell of cigars and brandy!

On beauty ... I have very sensitive skin, so I choose my moisturizer carefully. I always carry great concealer, eyeliner and mascara. No woman is 100 per cent happy with her body, but I try to embrace my flaws and focus on my good features. In terms of Botox and plastic surgery my motto is, 'If you don't like it fix it'. It's important to still have inner confidence otherwise you will be fixed on the outside but broken on the inside. The best relaxation is being home in my bed. I'm not a morning person and I love to sleep 10 hours a night.

JEFFREY CLARK GROSSMAN



IRINA SHAYK
Linked to Cristiano Ronaldo (Portugal)

On her lifestyle ... I'm very healthy and refrain myself from smoking and drinking. I like a glass of red wine every now and then but I was raised in a family where no one drinks or smokes. I love taking in the sunshine and hanging out with my friends in New York — we make sure we wear plenty of sunscreen.

On health, food and exercise ... I workout five times a week. I love Pilates but I also go boxing or jogging. I drink two litres of water every day to keep hydrated and green tea but never coffee. That and eating organic food helps me stay in shape for my photo shoots. My guilty pleasure is ice cream, I just love it.

On beauty ... I never wear foundation and hardly wear any make up. My face is pretty much always clean. Once a month I'll have a facial or go in a steam room to rid my skin of toxins. I work hard on my body ... It's never perfect but I think all women feel that way. We are our worst critics so I push myself everyday to go to the gym and eat right. I try and get eight hours of sleep every night. In terms of my views on plastic surgery and Botox — well it all depends on the reason for it. If a person is the victim of an accident and surgery can make them feel better, I'm all for it. Some flaws give character and make people what they are so it's a shame when people take things to the extreme.

YYOGA
try yoga:
2 weeks for $30
6 locations • classes for all levels
South Granville Opening Summer 2010
yyoga.ca
hot • power • flow • hatha • anusara • yin • core • pilates • yin

Adults with Type-2 Diabetes
We are looking for participants in the Lower Mainland to take a Self-Management program and complete some research questionnaires.
Want more information?
Call or Email Natalie Gauthier,
Research Coordinator
604-940-9496 or n.gauthier@eastlink.ca
University of Victoria | Centre on Aging

DON'T BE THE LAST TO SEE IT.
Visit metronews.ca to watch metrotube
The video everyone's talking about.

Staying fit can train your brain

Study finds link between fitness in women, brain health • Exercising as a teen can decrease likelihood of cognitive impairment in old age

CELIA MILNE
WELLNESS@METRONEWS.CA

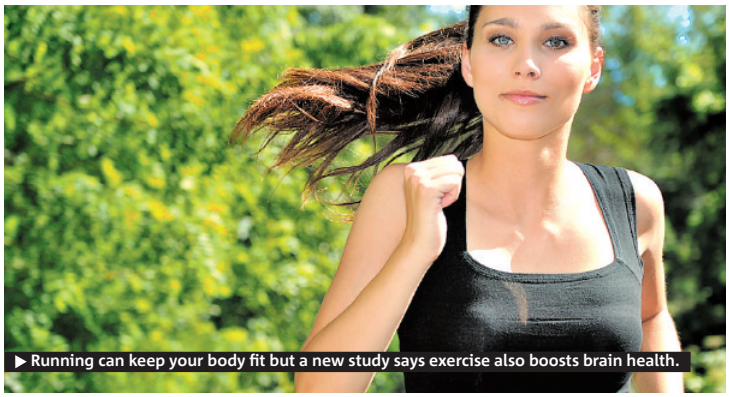
It's a brain-a-thon. Being active throughout your life might help you think straight as you age.

In a Toronto study, 9,344 older women from the United States described their physical activity levels at four stages of their life: In the teen years, at age 30, at age 50 and after age 65. These results were compared to their mental functioning at the time of the study; and the result indicated that exercise does seem to affect brain health.

"Women who were more active or who were active at each age had lower rates of cognitive impairment than those who were inactive," said Dr. Laura Middleton from Sunnybrook Health Sciences Centre. And, in particular, exercise in the teen years pays off, Middleton added.

"The most interesting finding was that it was indeed teenage physical activity status that was most strongly related to likelihood of cognitive impairment at old age."

If you are young, dementia may seem a remote possibility, but it's quite common. Alzheimer's disease and other forms dementia affect one in four Canadians over the age of 65. If you are older and didn't exercise as a teen, don't despair taking up physical activity at any age appears to be helpful against cognitive impairment.



▶ Running can keep your body fit but a new study says exercise also boosts brain health.

30

With our aging population, the number of cases of cognitive impairment is expected to double in Canada over the next 30 years, the Canadian Institutes of Health Research reported.

Shaping up

Here are some summer shape-up tips from Participaction.

1. Get strong. Do 8-12 reps of 8-10 strength exercises three times a week.
2. Work hard and rest. Repeat. Repeat. High intensity intervals of rowing, cycling and running vault your fitness to a higher level and burn tons of fat.
3. Buddy up. Exercising with your peeps gives you instant naggers and cheerleaders.

CELIA MILNE

Tips for travellers with diabetes

CELIA MILNE
WELLNESS@METRONEWS.CA

Time to get away — as far as possible from the hum drum? Here are some tips on travelling with diabetes from Dr. Andrew Farqhar, a family physician in Kelowna, B.C.

1 Before travelling, book an appointment with your health care provider to discuss your itinerary, so you can plan meals and taking medication.

2 Pack two or three times more medication than you think you will need. Pack diabetes supplies in more than one bag in case some of it gets lost.

3 Always carry snacks with you, in case you're unable to eat your next scheduled meal on time. Cheese and crackers, fresh or dried fruit, granola bars and sandwiches are all healthy choices that are easy to bring along in a carry-on bag, picnic basket or cooler, says Farqhar.

4 Try the new OneTouch test strips which test each blood sample twice to confirm results.

5 Take with you moist towelettes to wipe your fingers prior to testing, a daily record of injections, medications and test results, the instruction manual for your meter as well as extra batteries and test strips.

6 Always ensure someone knows where you are so you can be found in case of an emergency.

45

Percentage of Canadians with diabetes who find it difficult to remember to monitor their blood sugar levels on a regular basis while travelling.

TAKE A BREAK FROM WORK
Visit metronews.ca to watch
metrotube
The video everyone's talking about.

taste the Colours of health
Prairie Naturals®
Get your FREE smoothie & popsicle recipe booklet at participating natural health product retailers!
$3.00 OFF coupon at participating stores
$1.00 OFF coupon at participating stores
$3.00 OFF coupon at participating stores
$3.00 OFF coupon at participating stores
Blue
Yellow
Green
Red
Super Colours • Super Easy • Superfoods
Prairie Naturals makes it easy to get a complete spectrum of energizing and colourful plants, fruits and vegetables every day with our family of ready-to-use Greens and Berry drink mixes. They're packed with natural phytonutrients and polyphenols, vitamins and minerals. Get energized! Just add juice or water to a serving of one of our tasty, concentrated, all-natural powdered drink mixes. Or go gourmet and get creative. Make blended drinks and popsicles. Look for our free Fresh Energy recipe booklet for delicious, easy to make recipes. We've got all the colours you need to live the healthy life.
For more information call 1 800 931-4247
or vist www.PrairieNaturals.ca for a retailer in your area.
FREE POPSICLE MAKER
With Berry-Force & Blueberry Greens-Force
To locate a participating store near you visit www.PrairieNaturals.ca or call 1-800-931-4247
Join us on facebook www.facebook.com/prairie.naturals
Follow us on twitter www.twitter.com/prairienaturals

Joint Pain? Low Energy? Low Immunity?
LeafSource is a 100% organic mineral composite from a sea bed deposit dated at over 100 million years. Studies confirm that this contains naturally occurring organic acids and alkalizing minerals that can have a direct beneficial effect on the body. Rarely does nature reveal a therapeutic agent so incredible that medical researchers – and the people that try it – are astounded by its health enhancing benefits.
Over 10 years of research shows that LeafSource can help with...
Reduction in pain and inflammation – reduces inflammation by over 104%
Arthritic Pain, Joint Problems Healthier Immune System – has been shown to increase white blood cell count by 30% after 60 days.
Fatigue & Low Energy, Bone Loss (osteoporosis), Decreased Viral Activity – colds, flu, cold sores and shingles. Nutrient Absorption – Greater Detoxification – by binding to and eliminating heavy metals – Increased Alkalinity
Athletes United, the World leader in Sports Fitness, endorses LeafSource as one of the most beneficial nutrients for all athletes due to its anti inflammatory, immune modulating & energy enhancing benefits.
As a retailer, we have had tremendous success with this product and almost everyone we have recommended it to over the last few months has come back and thanked us.
Check with your healthcare professional before starting any treatment program.
TESTIMONIAL:
"I've been taking 15+ Tylenol with Codeine everyday now for many many months to help with my pain. In April I was approached by someone who suggested to try the Leaf Source. I have tried everything, Lakota, Glucosamine, as well as SierraSil but decided to try the Leaf Source anyway. The results were immediate to my surprise. It has now been a month, & I have told several friends with different problems about my results and they are now avid users as well. No product will do everything for everyone, but Leaf Source for me means more energy, a great nights sleep & no more back problems. All three I can never remember having.
~ L.C. Winnipeg, MB
LeafSource
Alive Health Centre 14 locations • 604.263.3235 • alivehealthcentre.ca
Choices 8 locations • choicemarkets.com
Supplements Plus Oakridge Centre • 604.263.1897 • supplementsplus.ca

Liquid assets

Market value

I'm a sucker for a sexy label. In fact when faced with a wall of wine at a strange liquor store (and I've been in lots of them) I like to pretend I don't know one grape from another and simply let my eyes be my guide.

One thing I've learned playing this game is that all too often cool names and pretty pictures are wrapped around bottles filled with plain old average juice. That said, there are some winemakers that are able to balance their look with their liquid personality in a way that jumps off the shelf and out of your glass.

A great example is the 2009 SeaGlass Sauvignon Blanc ($14.05 - $15.25) from California's Trinchero Family Estates. Using photorealistic images of colourful sea worn glass on a clean, sun bleached background the label speaks volumes to the wines refreshing tropical flavours and affinity for casual dining (especially shellfish).

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Certificate in Home Inspection

Metro July 6/10

Accelerate your career with the Certificate in Home Inspection (CHI) program at Ashton College.

Accredited by the Canadian National Association of Certified Home Inspectors (CanNACHI), the CHI program at Ashton College meets the education and practical requirements of becoming a **licensed BC Home Inspector**.

Full-time program begins:
July 26, 2010

Part-time program begins:
July 27, 2010

Ashton *Education with Purpose*

Apply Now:
www.ashtoncollege.com/chi
Or contact admissions adviser
Fouad Saeidi at **604.899.0803 (ext: 101)**

IF YOU WORK
U DRIVE

Guaranteed In-House Financing
BUY Here...PAY Here
We Represent 20+ Major Lenders

TOLL FREE 1-888-844-9341

- Bad Credit
- No Credit
- High Debt Service
- Divorce
- Repossession
- First Time Buyer
- Bankruptcy
- Refused by Bank
- Separated

WWW.ALWAYSAPPROVED.CA

Stout and Onion Turkey Burger a summer taste

Add veggies to keep burgers flavourful, moist, and to give it an extra health boost Sweet potato fries are a perfect pairing to the burger

ASSOCIATED PRESS

Use a whole wheat bun to compliment the stout in your turkey burgers.

Ingredients :

- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) chopped vidalia onion
- 250 ml (1 cup) Guinness or other stout
- 30 ml (2 tbsp) Dijon mustard
- 10 ml (2 tsp) chopped fresh thyme or 2 ml (1/2 tsp) dried
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 500 g (1 lb) lean ground turkey
- 250 ml (1 cup) panko (Japanese-style) breadcrumbs
- 75 ml (1/3 cup) shredded sharp cheddar cheese (optional)
- 4 whole wheat hamburger buns or other small wheat bread

Serve these burgers with a side of sweet potato fries and a few crunchy pickle spears.

Preparation:

1. In a medium saucepan over medium, heat oil. Add onion and saute until softened and slightly golden, 7 to 10 minutes. Add stout and increase heat to high. Boil mixture until reduced by two-thirds and making syrupy bubbles, about 20 minutes. Transfer mixture to a medium bowl to cool for approximately 20 minutes.
2. Heat a gas grill to medium-high or prepare a charcoal fire.
3. Add mustard, thyme, salt and pepper to onion mixture. Add ground turkey and breadcrumbs. Gently but thoroughly combine. Shape into 4 patties, about 2 cm (3/4 inch) thick.
4. To oil grill grates, wet a folded paper towel with oil, hold it with tongs and rub it over grates.
5. Grill burgers until well browned on the underside, 4 to 5 minutes. With a spatula, turn burgers carefully. Grill 4 to 6 minutes more, or until burger registers 74 C (165 F) at the centre. Top with cheese, if using, during last minute of grilling. Serve burgers on toasted buns and with a side of your favourite salad greens or fries. **THE ASSOCIATED PRESS**

Potter fans: Get a swig of this frosty butterbeer

JOHN RAOUX/AP PHOTO

A butterbeer moustache is the new milk moustache

'No bigger product launch smash'

Got butterbeer?

Harry Potter fans are all abuzz about butterbeer, and they have the foamy moustaches to prove it.

The cold and creamy frothy drink is the most popular food item at the new Wizarding World of Harry Potter at Universal Orlando, according to Universal spokesman Tom Schroder, with visitors lining up to try it.

"Then they would walk around and have this moustache on," said Sabrina Sampson, 11, of Richmond, Va., who described the drink as tasting "like cream soda. It was somewhat thick, and it was really sweet, and then it got salty as you swallowed it, like butterscotch."

Schroder said that about half the visitors to The Wizarding World sample butterbeer.

"There may be no bigger product launch smash this year than butterbeer," WalletPop.com said.

Immediately after The Wizarding World's June 18 opening, butterbeer became one of the most searched-for terms on the Internet.

THE ASSOCIATED PRESS

LAWS OF COUPLING UP AND ATTRACTION

Do you guys believe in becoming "one" as a couple or keeping independence?

Kate says...
Both, it just depends on which way you're facing. When you are facing outwards, as in presenting yourselves to the outside world, you must be a team.

For example, when faced with curious in-laws, he must support you in your plan to avoid feeding your baby wheat, eggs, nuts, shellfish and tahini, and be outraged when his mother tries feeding her Kraft Dinner, even if he thinks you are a little bit crazy when it comes to infant nutrition.

In turn, you must act like his recent purchase of a $4,000 plasma TV is perfectly normal, even when your financial adviser wonders whether an RESP for the baby would have been a wiser choice.

When you are facing inwards toward each other, you must fight hard to maintain your independence. Stand up for what you believe! There is no worse turnoff than the words "Yes, dear." They mean you just don't care enough.

Bret says...
Okay. So, if saying "Yes, dear" is a turnoff, it follows that saying, "No, dear" is hotter than magma. From now on, I am totally giving up on being nice. Disagreeable but frequently laid! Woo!

Kate says...
No, dear.

Do opposites really attract?

Bret says...
That really depends on what you mean by "opposites." If you mean you're in love with an uptown girl, and now she's looking for a downtown man, and that's what you am, then by all means go for it. It is a classic combination: Uptown girl + downtown man. Remember Julie Andrews — hot, hot, hot as the refined, elegant, practically perfect Mary Poppins.

Remember how radiant she looked on the arm of grubby Bert the chimney sweep? Kick your knees up, step in time! "It's a jolly 'oliday with Mary. It's a jolly holiday with you, Bert." Aw.

They were excellent together. They taught us a lesson about love and how it totally conquers all. We owe them a debt of gratitude.

Kate says...
First of all, I'm pretty sure Bret's view of Mary Poppins as "hot, hot, hot" is his alone, but we'll leave nanny fantasies for another column. I think couples like to think of themselves as opposites. Many announce that they are as a way to say, "Sure we're joined at the hip, but we still have our own brains."

These conversations are held for the benefit of other couples or for single friends who find the couple's new togetherness revolting. Mostly these conversations are about whether one member of a couple will eat shellfish or does/doesn't like Desperate Housewives.

The notion of "opposites" is exaggerated just ever so slightly, as the holders of these conversations often wear matching Eddie Bauer khakis, finish each other's sentences and go on to rave about Spanglish, which, mysteriously, they both loved.

This is harmless, if irritating for the listener.

It takes two, baby, to stay fit

It's no secret that expectant mothers need their partners to share responsibility and support them in more ways that one throughout pregnancy.

Although men don't experience the physical transformation that women do during pregnancy, men should take the opportunity to get more engaged with the mother of their child.

Make similar sacrifices to the women, such as cutting out alcohol, and take up a healthier diet and fitness habits.

Once the baby is born, allow mommy exercise time and use these moments to bond with your baby alone.

Feeling Strapped?
BARE BASICS LINGERIE
Specializing in bra fittings for 25 years
Sizes A - K &
everything in between!
(Strapless bras available A-G)
RICHMOND: 3871 Moncton Street 604-271-5330
VANCOUVER: 4431 W. 10th Ave 604-224-3777

If you EVER find a Lower Rate
Call us and we'll beat it...
Guaranteed!
Cuba 89.9¢/min
India 2.9¢/min
Philippines 11.9¢/min
Pakistan 5.9¢/min
Afghanistan..24.9 ¢
Bangladesh from 3.9 ¢
Barbados..... 9.9 ¢
Chile..... 2.9 ¢
China..... 2.9 ¢
Ecuador.....12.9 ¢
El Salvador. ..... 9.9 ¢
Jamaica..... 8.9 ¢
Jordan.....13.9 ¢
Kenya from .....9.9 ¢
Kuwait.....6.9 ¢
Lebanon ..... 9.9 ¢
Libya.....24.9 ¢
Nepal from .....7.9 ¢
Oman..... 12.9 ¢
Fiji..... 24.9 ¢
Ghana.....9.9 ¢
Greece.....2.9 ¢
Guatemala.... 10.9 ¢
Guyana.....27.9 ¢
Honduras.....15.9 ¢
Iraq from .....4.9 ¢
Israel.....2.9 ¢
Italy..... .2.9 ¢
Russia from ..... 2.9 ¢
Saudi Arabia from 9.9 ¢
South Korea.. 2.9 ¢
Sri Lanka.....9.9 ¢
Trinidad..... 4.9 ¢
U.A.E.....16.9 ¢
If the country you call is not on this list, or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider...
GUARANTEED!
UNLIMITED
Calling in Canada
only
$5/month
UNLIMITED
Calling in INDIA
only
$29.95/month
Make Long Distance and Overseascalls from your Cell Phone at our Guaranteed Lowest Rates!
www.comwave.ca
comwave 1-866-380-6055
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time.Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services. bundled minute plans or prepaid calling cards due to their inaccurate billing criteria.Unlimited India 5.29.95 is limited to 3000 minutes per month. Unused minutes do not roll over to the next month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. TERMS AND CONDITIONS APPLY, SEE WWW.COMWAVE.CA FOR DETAILS

Beware of Buy & Sell

Depending on your situation, it may not be the best investment approach If you're young, you don't necessarity need to take risks — just have patience

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Investment rules, , and common knowledge can be completely wrong when inappropriately applied to your individual situation. Here, two common ones:.

1 Buy and Hold is the best approach for most investors.

B & H is one of the most basic axioms of the investment industry.

On one hand, it does steer you away from what you don't want to do — jump in and out of investments with every stock market hiccup.

However, it does encourage hanging onto a raft of dogs, which the mutual fund industry loves because you're paying management fees. Also, the B & H mantra keeps most investors from questioning their purchases.

The problem is if a stock or mutual fund is a dog, it will keep barking no matter how long you hold it.

Here's a better rule. Buy, Hold and Monitor. Evaluate your holdings annually. If you notice long-term yipping and howling, show that pooch the door.

2 If you're young, you can afford to take risks.

This is a commonly heard refrain and it's usually the precursor to a mutual fund salesperson loading up a young adult with higher risk (and higher fee) investments.

But if you start saving early, you can be conservative and still reach your goals thanks to the miracle of compounding where every dollar you earn on your investments goes back into the pot to help your moneygrow.

Here's a better rule: If you're young, you don't need to take risks.

Alison Griffiths' show Maxed Out appears Wednesday at 10:30 p.m. You can find out more at: alisongriffiths.ca

By the numbers

How to make $526,000.

- Over time, low risk bonds easily return 6 % annually on average.
- A 20-year-old who invests $100 until age 30 and increases it by $100 with each new decade will have over half a million big ones by age 65.

ISTOCK

Be sure to evaluate your holdings annually.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.100%
CIBC	0.70%
HSBC	0.80%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.85%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Credit card grace period

As of September 1, 2010, the grace period for new purchases made on credit cards will be at least 21 days. This means that during the grace period, you cannot be charged inerest on your new purchases, even if you did not settle your account balance in full the previous month.

To find out more about federal credit card regulations, visit the Financial Consumer Agency of Canada's (FCAC) website at fcac.gc.ca.

NEWS CANADA

50% off your plan for 6 months.
Offer extended until July 10.

HUAWEI U1250 • $70

ALWAYS TALK
Regular $35/mo

NOW $17.50/mo
first 6 months

NO CONTRACT
Unlimited 24/7 province-wide calling and 50 outgoing texts (CA/US) from any WIND Zone

Hurry, hurry! Take advantage today.

WINDmobile.ca

1-877-WIND-403
(9463)

WIND™
The Power of Conversation™

116 Davie St. • 2228 West 4th Ave. • Park Royal Shopping Centre • BLOCKBUSTER® 4191 Hastings St. • BLOCKBUSTER® Fraser St. • BLOCKBUSTER® 5485 West Blvd. BLOCKBUSTER® 700 6th St. • BLOCKBUSTER® 2929 Main St. • BLOCKBUSTER® 2201 Kingsway • BLOCKBUSTER® 1905 Lonsdale Ave.
Check out our site for new Vancouver locations opening every day.

Visit WINDmobile.ca to learn how to take advantage of this offer until July 10, 2010. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. © 2010 WIND Mobile. BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. © 2010 Blockbuster Inc. All rights reserved.

Just one win away from Cup finals

Netherlands coach Bert van Marwijk is not planning on changing his tactics for the World Cup semifinal against Uruguay despite criticism about the lack of Dutch flair that has dogged his team throughout the tournament.

"We are continuing down the road we have chosen," Van Marwijk said yesterday. "I will not let anyone distract me from that."

Uruguay coach Oscar Tabarez, meanwhile, is drawing inspiration to beat the favoured Dutch from the 1950 "Miracle of Maracana," when his tiny country beat Brazil at Maracana stadium to earn its second World Cup title.

"The history of the World Cup is full of results that nobody could have expected, and they continue to happen," Tabarez said. "Why shouldn't we be able to win Tuesday?"

Uruguay, ranked No. 16 in the world, is a two-time World Cup winner, while the fourth-ranked Netherlands is still trying to shake off the tag of two-time loser after talent-packed Dutch teams lost to hosts Germany and Argentina in 1974 and 1978.

"We have to beat Uruguay," Wesley Sneijder told the official Dutch supporters website. "We're just thinking of one thing: We want to win the World Cup." THE ASSOCIATED PRESS

JULIE JACOBSON/THE ASSOCIATED PRESS

▶ The Netherlands' Wesley Sneijder at training yesterday.

Death: 'Bob lost the fight of his life'

Former NHL tough guy Probert dead at age 45

The hockey world has lost its top heavyweight.

Bob Probert, who fought nearly as many personal demons as he did NHL tough guys during a 16-year career, died yesterday.

He was 45.

Probert was the most feared fighter of his generation, dropping the gloves more than 200 times while playing for the Detroit Red Wings and Chicago Blackhawks.

"I've seen them all and I haven't seen anybody tougher than him," TV commentator Don Cherry told The Canadian Press.

"He was the best."

Probert died after collapsing while enjoying an afternoon of boating with his family on Lake St. Clair near Windsor, Ont. His father-in-law Dan Parkinson, a police officer who was on the boat, attempted to revive Probert using CPR.

Stats

- Over 16 NHL seasons with the Red Wings and Blackhawks, Bob Probert recorded 384 points (163 goals, 221 assists) in 935 regular-season games.
- His career total of 3,300 penalty minutes is fifth on the NHL's all-time list.

"This is a tragedy for the family," said Parkinson. "We ask that you respect their privacy at this time. This was totally unexpected. Bob lost the fight of his life this afternoon."

During his days on the ice, Probert never shied away from a fight.

He was part of many memorable battles, often exchanging punches with an opponent until his elbow and shoulder pads had fallen to the ice. THE CANADIAN PRESS

JONATHAN DANIEL/GETTY IMAGES

▶ In this 2002 photo, Bob Probert, left, of the Chicago Blackhawks exchanges blows with Peter Worrell of the Florida Panthers.

Doc goes the distance ... again

Roy Halladay pitched his major league-best seventh complete game this season, Greg Dobbs hit a two-run homer and the Philadelphia Phillies beat the Atlanta Braves 3-1 last night.

Halladay (10-7) allowed five hits and struck out seven to record his second straight complete game. The all-star right-hander outduelled Derek Lowe (9-7) and needed just 93 pitches to finish. Chipper Jones homered for the NL East-leading Braves.

12 The Phillies have scored a total of 12 runs in Halladay's seven losses. He could easily have 14 or 15 wins if Philadelphia's offence was better.

The Phillies need to win this three-game series to avoid losing more ground in the East. THE ASSOCIATED PRESS

H. RUMPH JR/THE ASSOCIATED PRESS

Sports in brief

No World Cup for Canucks

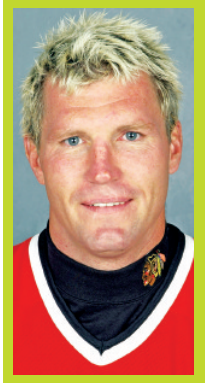
SOCCER. Canadian soccer fans hoping to watch the World Cup on home turf are going to have to wait — for at least another two-and-a-half decades. Canadian Soccer Association general secretary Peter Montopoli says it's unlikely the men's World Cup could reach Canada before 2034.

Nigerian president drops threat

SUSPENSION. Nigerian president Goodluck Jonathan dropped a threat yesterday to suspend the national soccer team because of its poor World Cup showing and corruption allegations. METRO NEWS SERVICES

4 sports

Quoted



"Off the ice, he was a guy everybody got along great with. He always brought everybody together. He was one of the good guys."
WENDEL CLARK ON BOB PROBERT

"My favourite memory of Bob would be sitting down before a game, going over the opposing lineup and picking and choosing who would go first and if the goalie would be safe or not. It was great to be able to go out on the ice knowing that he had my back and I had his."
FORMER TEAMMATE JOE KOCUR

Scan code for sports news

Sports in brief

Lebron arrives at his academy

BASKETBALL. LeBron James took a break from his whirlwind courtship to get back on the basketball court.

The NBA's most wanted man made a surprise appearance yesterday at his Nike Skills Academy to work out as the sports world awaits his decision on where he'll play next season. James was not expected to attend the camp featuring some of the top college and high school players in the U.S. until today. THE ASSOCIATED PRESS

Torres says he's not at best

SOCCER. Spain striker Fernando Torres says he still has not fully recovered from knee surgery in April. Spain plays Germany on Wednesday in the World Cup semifinals at Durban's Moses Mabhida Stadium. Torres says he is "not at his physical best." The Liverpool striker has failed to score in five games at the tournament.
THE ASSOCIATED PRESS

Federer falls to third in world

TENNIS. Roger Federer fell to No. 3 in the ATP rankings yesterday, the first time since November 2003 he's been that low. The 16-time Grand Slam champion's quarter-final loss at Wimbledon, following seven consecutive finals, dropped him one spot.
THE ASSOCIATED PRESS

BECOME AN ELITE
PERSONAL
TRAINER!
Infofit
Do you have a PASSION for FITNESS?
Our graduates are in HIGH DEMAND!
Start your profitable career in Personal Training Today!
INFOFIT Educators 604.683.0785 • admin@infofit.ca
VANCOUVER • BURNABY • SURREY • WHITE ROCK
INTERNATIONALLY • ONLINE • WWW.INFOFIT.CA

TAKE A KICK AT MANAGING A SOCCER TEAM
PLAY FANTASY FOOTBALL 2010 FOR YOUR CHANCE TO WIN AN XBOX 360 PLUS A SPECIAL EDITION SOCCER GAME.
fantasyfootball.metronews.ca
Presented By:
natura
My take on life
www.naturaplus.ca
metro

Tiger's troubles continue

Tiger Woods looked just as out of form in a celebrity pro-am as he did on the PGA Tour.

The world's No. 1 golfer arrived yesterday in Ireland just hours after his 46th-place finish at the AT&T National in Pennsylvania and shot a 7-over 79 in the first round of the J.P. McManus Invitational Pro-Am.

The unranked event in County Limerick featuring Hollywood celebrities and Irish billionaires was his first overseas event since revelations of his extramarital affairs surfaced last year.

While more than 40,000 Irish golf fans offered him a friendly and forgiving welcome, Woods' opening round at the 7,453-yard, par-72 Adare Manor Golf Resort was often dreadful. He bogeyed six holes, double-bogeyed the seventh and managed a lone birdie on the 17th.
THE ASSOCIATED PRESS

PETER MORRISON/THE ASSOCIATED PRESS

▶ Tiger Woods waits on the 2nd green at Adare Manor in Limerick, Ireland.

Stoudemire picks New York

- Knicks will soon sign first big-name free agent of historic 2010 class
- Stoudemire says he's persuading other top players to come to Big Apple

Amare Stoudemire is headed to the New York Knicks, and both sides are hoping he's not coming alone.

The Knicks said yesterday they intend to sign Stoudemire to a contract later this week when the free agent moratorium period ends. Stoudemire's agent, Happy Walters, said the deal is for the maximum allowed, which would be nearly $100 million US over five years.

Wearing a blue Knicks hat, Stoudemire said he looked forward to rebuilding a franchise and bringing the Knicks back to the top — maybe with a player such as LeBron James or Dwyane Wade with him.

"I feel great about being a pioneer and showing my leadership," he said at Madison Square Garden.

The deal can't be signed until Thursday, after the salary cap for next season has been set.

It was a needed score in free agency for the Knicks, who spent two seasons clearing enough cap space to afford two top players. They met with James, Wade and Chris Bosh last week and believe they could still land one of them.
THE ASSOCIATED PRESS

LOUIS LANZANO/THE ASSOCIATED PRESS

▶ Amare Stoudemire poses outside Madison Square Garden.

High hopes

- **Recruiting** Stoudemire has already started recruiting, saying he spoke to Lebron James' people and directly to Dwayne Wade last week.
- **Reunion** The move reunites Stoudemire with Mike D'Antoni, his former coach in Phoenix. Stoudemire averaged more than 20 points in every season they were together.

Chavanel wins 2nd Tour stage

Lance Armstrong and dozens of other Tour de France riders were caught up in a series of crashes yesterday during a rain-splattered second stage won by new race leader Sylvain Chavanel of France.

In one of the spills, Armstrong and defending Tour champion Alberto Contador of Spain tumbled to the asphalt on a slippery descent from the mid-grade Stockeu Pass toward the end of the 201-kilometre run from Brussels to Spa.

Both riders sustained scrapes but finished the stage and were OK, their teams said.

Many riders believed a mixture of motor oil and water on the roads was to blame.

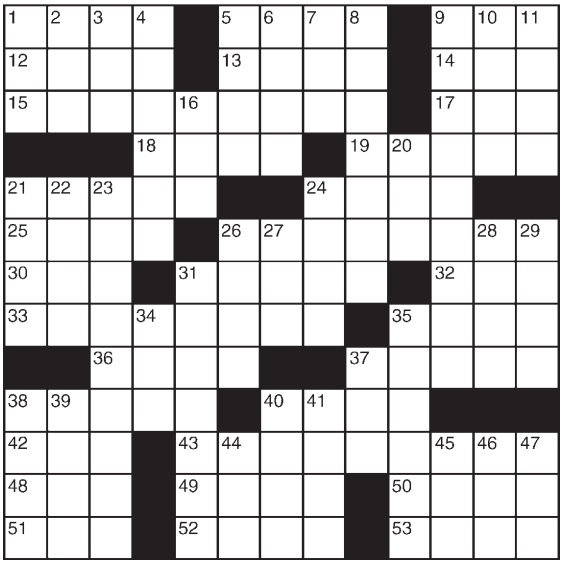
Chavanel collected his second career Tour stage victory after joining a small early breakaway group and then gradually distancing them.

The 31-year-old Quick Step rider finished yesterday's stage with a time of four hours 40 minutes 48 seconds.
THE ASSOCIATED PRESS

LAURENT REBOURS/THE ASSOCIATED PRESS

▶ Chavanel

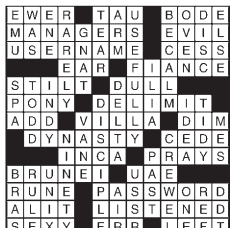
Crossword



Across
1 Men-only
5 Secular
9 Feline
12 Wrong
13 Enjoying greatly
14 Raw rock
15 Sidekick
17 Wire measure
18 Perches
19 Calyx leaf
21 Happen
24 Island dance
25 To — it may concern
26 Collective abilities needed for a task
30 — de plume
31 Michigan city
32 Hot tub
33 Replace
35 Pay attention
36 Now, on a memo
37 Gives over
38 Column style
40 Wan
42 Japanese sash
43 Buddies
48 Swindle
49 Notion
50 Land measure
51 Small barrel
52 Fender bender
53 Knitter's need

Down
1 Pouch
2 Pair
3 Sleeve contents
4 Drywall material
5 Fuzz on clothes
6 Blackbirds
7 Judge Lance
8 Seek advice from
9 Encircled
10 Met melody
11 Spill the beans
16 Football filler
20 Right angle
21 Possesses
22 — En-lai
23 Showing similarities
24 Clue
26 Openhand hit
27 Family
28 Duel tool
29 Young ones
31 Limp
34 Omega preceder
35 Time of prosperity
37 Half a dance?
38 Lakeside structure
39 Reed instrument
40 "So be it"
41 Lovers' quarrel
44 Praise in verse
45 Nipper's co.
46 Mess up
47 100th of a yen

▶ Yesterday's answer



Sudoku

9	4			3	2	8		
	1		9			6		4
8	6							
			1					7
			8		9			
5					3			
							4	5
2		4			1		7	
		6	2	9			8	3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	2	3	6	9	5	7	8
3	7	9	5	1	8	6	2	4
6	5	8	2	7	4	3	9	1
7	9	3	8	5	6	4	1	2
8	2	4	1	3	7	9	6	5
1	6	5	9	4	2	7	8	3
5	8	7	4	9	1	2	3	6
2	3	6	7	8	5	1	4	9
9	4	1	6	2	3	8	5	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Wog, will u marry me?
REENER BIEBER

Yes, i will marry you!!! I love you!!!
MCH

To my friends, family and my pumpkin spice latte Ricky, I just want to say how much I love you all and thank you for always being there for me.
BELLA XO

My darling Vee, our world may be that of Capulets and Montagues, but I will love you evermore.
LOVE KEY

I love you so much Pooh Bear that I think I just might pass out
SNUGGIE BUGGIE WUGGIE

Sophie L, you are a very special, beautiful, talented girl. I feel so lucky to have you as my daughter. I love you so much.
MOM

The Weather Network
©The Weather Network 2010

Today	Wednesday	Thursday
Sunny	Sunny	Sunny
24° / 15°	28° / 20°	28° / 19°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There is no point getting angry with people who let you down. Cosmic activity in one of the more emotional areas of your chart means that loved ones will take what you say seriously.

♉ Taurus April 23-May 21 Others may say you are avoiding your problems, and maybe you are, but this is one of those days when avoiding your problems may turn out to be the best way of dealing with them.

♊ Gemini May 22-June 21 You will be either far too generous or far too selfish today — there seems to be no middle ground with you at the moment. If someone asks for a handout you would be wise to plead poverty.

♋ Cancer June 22-July 22 You may be eager to prove to the world that you have what it takes but if you do too much too soon there is a danger you will grind to a halt later when your energy and motivation begin to wane.

♌ Leo July 23-Aug.23 Focus on one goal at a time and don't allow yourself to think about anything else until you have reached it.

♍ Virgo Aug. 24- Sept. 22 Friends and family are even more demanding than usual, which makes it even more necessary than usual to keep some special time for yourself. You don't have to be on duty every minute of every hour of every day.

♎ Libra Sept. 23-Oct. 23 Your No. 1 aim now is to make sure that the balance between your home life and your working life is stable and enjoyable. If there are things you want to do that you don't have time for then adjustments are clearly needed.

♏ Scorpio Oct. 24-Nov. 22 Pluto in the communications area of your chart seems to be bringing an annoying amount of criticism your way.

♐ Sagittarius Nov. 23-Dec. 21 Whatever else you do over the next 24 hours, don't panic. Others may be preaching doom and gloom and the end of the world but their sort have been around since the dawn of time — and we're still here. Worry is for losers.

♑ Capricorn Dec. 22-Jan. 20 A friend or family member will offer to take some of your workload off your hands today, which is nice of them, but can you be sure they will do a good job?

♒ Aquarius Jan. 21-Feb. 18 Follow your instincts today, even if it puts you at odds with everyone else. You have never been the sort to worry about what the world thinks of you and there is no good reason why you should start now.

♓ Pisces Feb. 19-March 20 There is no point complaining that some individuals don't know how to behave. The more of a noise you make, the more likely it is they will annoy you.
SALLY BROMPTON

Caption contest

KEVIN HARE/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RICK SCUTERI/THE ASSOCIATED PRESS

"I LOVE THIS PAPER"
Available on the App Store
"This app is a great way to read Metro when on the go" – Real user review
The free Metro Canada application is available on the App Store.
Don't have an iPhone or iPod touch?
Visit m.metronews.ca for news on the move.
metronews.ca

FLIGHT CENTRE Unbeatable
Paris Air + 7 Nights
from $669
+ taxes & fees $427
INCLUDES transfers and accom near the Metro.
1 866 519 5111 | flightcentre.ca

Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

AIR CANADA VACATIONS

MEXICO

Puerto Vallarta/ Riviera Nayarit via Calgary

Crown Paradise Club: A Family Resort • 4★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 25 • 1 wk.
$529
+Taxes & other fees (including service charges): $276

Golden Crown Paradise • 4 1/2★
All-Inclusive
Oceanview rm.
Aug. 28 - Sept. 25 • 1 wk.
$529
+Taxes & other fees (including service charges): $276

Cancun/Riviera Maya via Calgary

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Sept. 15 • 1 wk.
$589
+Taxes & other fees (including service charges): $284

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive
Junior suite
Sept. 15 • 1 wk.
$639
+Taxes & other fees (including service charges): $284

TURKS & CAICOS via Toronto

The Sands at Grace Bay • 4★
Studio courtyard
Sept. 4 & 11 • 1 wk.
$1089
+Taxes & other fees (including service charges): $265

CUBA

Santa Clara via Calgary

Meliá Las Dunas • 4★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 25 • 1 wk.
$529
+Taxes & other fees (including service charges): $221

Varadero via Calgary

Iberostar Laguna Azul • 4 1/2★
All-Inclusive
Standard rm.
Aug. 29 - Sept. 26 • 1 wk.
$659
+Taxes & other fees (including service charges): $221

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.
$669
+Taxes & other fees (including service charges): $325

Puerto Plata via Toronto

Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.
$829
+Taxes & other fees (including service charges): $325

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 26 - Sept. 23 • 1 wk.
$699
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 26 - Sept. 23 • 1 wk.
PRIVILEGES
$799
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

ANTIGUA via Toronto

St. James's Club & Villas • 4★
All-Inclusive
Club rm.
Sept. 4 - 18 • 1 wk.
$1289
+Taxes & other fees (including service charges): $252

USA

HONOLULU

Aqua Palms & Spa • 3★
Continental breakfast
Partial city view rm.
Sept. 9, 12, 13 & 16 • 1 wk.
$729
+Taxes & other fees (including service charges): $141

CRUISE

Carnival Cruise Lines[2]

Carnival Valor®
Western Caribbean Cruise - Flights to Miami via Toronto
Oceanview stateroom, cat. 6B
Sept. 12 & 26 • 1 wk.
$1229
+Taxes & other fees (including service charges): $237

CONNECT FREE[3] • Cranbrook • Castlegar • Kamloops • Kelowna • Nanaimo • Penticton • Victoria

Fly in style – Upgrade to Executive Class® service or Comfort Plus seating on select flights

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 6,250 Aeroplan® Miles per member†

Find us on facebook twitter

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash; Turks & Caicos, 20 USD cash. Prices in this ad are in Canadian dollars and are valid for bookings made between July 6 & 10, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Antigua via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]The Lowest Price Guarantee applies to the select resorts, room categories and travel dates. Quoted Air & Hotel package prices are guaranteed to be Air Canada Vacations lowest available prices. The Lowest Price Guarantee is applicable to Air Canada Vacations packages only. [2]Carnival Cruise Lines ships' registry: The Bahamas and Panama. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.